

## Tagdola (Ice Apple): A Super Food

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### Introduction

During the scorching summer Ice apple also known as palm fruit is a seasonal fruit of the sugar palm tree. The juicy, translucent and fleshy fruit has excellent cooling properties. Nungu is the other names for the ice apple fruit, which has a texture that is very similar to that of litchi fruit and tastes like a tender, slightly sweet coconut. It gives the ideal mix of minerals and sugars for the body throughout the mid-year season. The organic product has different significant well-being benefits. Many individuals even in India should not have known about the natural product name "Ice Apple," yet it is generally well known in the Southern pieces of India.

### Why Tagdola is a Super Food

This ice-like-looking organic product is loaded with nutrients, minerals, calcium, phytonutrients and carbohydrates. This low-calorie natural product is high in fibre, protein, vitamins A, C, E, and K, iron, zinc, phosphorus and potassium, which helps in boosting overall immunity. Adding this natural product to your diet can help in supporting digestion, which further aides in getting to the next level processing and advances weight reduction. Besides, the presence of dietary fibre, protein and water content together aides in viable weight management.

### Benefits of ice Plants

1. Ice apple goes about as a superb coolant and normally cools the body in the late spring and directs the internal heat level. It gives you energy to keep moving throughout the day and quenches thirst.
2. The minerals sodium and potassium found in ice apples aid in maintaining a healthy fluid and electrolyte balance in the body. This property of ice apple works best in inhibiting dehydration and fatigue in summer.
3. It is a natural remedy for a number of digestive and stomach problems; ice apple helps in easing clogging and advances evacuations. Additionally, it reduces stomach ulcers

and acidity. Ice apple alleviates minor stomach-aches and nausea that frequently accompany pregnancy.

4. Ice apples contain a number of phytochemicals that have potent antioxidant and anti-inflammatory properties that help slow the aging process and lower the risk of health issues like cancer and heart disease.
5. Skin issues like intensity rashes, thorny intensity are extremely normal in summer. Applying the tissue of ice apple on the impacted regions assuages the irritation and gives a mitigating impact.
6. Ice apple is loaded with potassium helps in purifying the poisons out of the body and advances the liver wellbeing.
7. Ice apple is an optimal arrangement to lose weight because it has a low-calorie natural water product. The presence of water helps you naturally lose weight and keeps you satisfied for a long time.

### **Conclusion**

Ice apples make the best natural product to eat in summer particularly in India. Being the staple food of the Southern part of India many individuals have hardly any knowledge with the advantages of ice apples. One of the most incredible practices to follow is to eat Nungu when fresh, overripe natural product can prompt a few stomach infirmities and issues with the gastrointestinal system. One of the particular organic products assist you with battling the disturbance in the skin and sicknesses like chickenpox.